

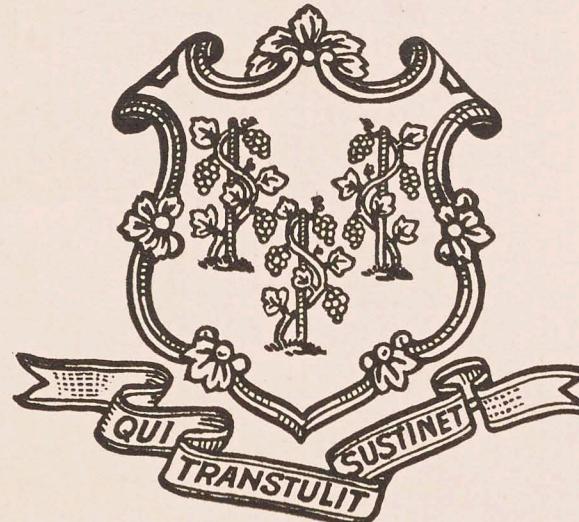
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Conn.
"Connecticut"

CONNECTICUT STATE COUNCIL OF DEFENSE

COMMITTEE OF FOOD SUPPLY



UNITED STATES FOOD ADMINISTRATION

SAVE WHEAT

Eat at least one wheatless meal a day. Substitute corn bread, rye, etc. Order the bread in advance. This will save waste. Cut the loaf on the table. OUR WHEAT HARVEST IS FAR BELOW NORMAL.

To save DEMOCRACY: Save more: Eat less wheat: Stop waste.

SAVE MEAT

Meat but once a day means that those of our own people who cannot buy it now will be able to get it, and will let us send meat to our Allies. Eat all sea food freely.

SAVE FATS

Butter is essential for the growth and health of the children. Continue to use butter on the table as usual. Do not use it in cooking. Reduce use of fried foods. Do not waste the soap, because it contains fats.

SAVE SUGAR

Our consumption of sugar is today three times as much for each person than our Allies'. Do not stint the use of sugar in putting up fruits and jams.

USE PERISHABLES

We use too little fruits and vegetables in our diet. Double their use and health will be improved and it will save the staples and thus help our Allies and yourself next winter. Can and dry all surplus garden products.

USE LOCAL SUPPLIES

and you save transportation

GENERAL RULES

Preach the "Gospel of the Clean Plate." Full garbage pails in America mean empty dinner pails in America and Europe. Take an interest in the wastes in the Community. Don't limit the plain food of growing children. They are growing, up to 25.

**Win the War by Service in the Home
BEGIN NOW!**

HERBERT HOOVER

Address Committee Food Supply, 36 Pearl St., Hartford, Conn., for further information.

USDA
LFB